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## wellness

*a 43beans joint*

### ⇒ Preface ⇐

Welcome to *wellness*! This is a short compilation of small games about pausing to take care of yourself. It was originally conceived of by acdw<sup>1</sup> and developed by 43beans<sup>2</sup>.

You will find three small, one-page games in this volume:

- ☞ **Wellness d66**: A game that requires two six-sided dice and provides 36 activities.
- ☞ **Wellness d12**: A game that requires one twelve-sided die and suggests a few sample activities based on the die roll.
- ☞ **Wellness Lite**: Requires two coins.

They are all essentially the same game, differing only slightly in the effort required and materials needed to play them. So you can choose which to play based on your energy, surroundings, and other circumstances.

*Wellness d66*, for example, requires almost no effort because you don't have to think up any activities; they are provided for you. But you have to have two dice on you, and the paper in order to look up your rolls.

*Wellness Lite*, on the other hand, can be played anywhere, with no additional materials (besides two coins). But you might have to think up some activities on your own.

Finally, *Wellness d12* occupies the middle ground. You can commit its rules to memory after playing a few times. And after doing so you only need a twelve-sided die to play.

It is my sincerest hope that this game brings you peace and comfort and wellness.

dozens  
2024-03-11

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<sup>1</sup> totally awesome and a friend to animals. Check him out at <https://www.acdw.net/>

<sup>2</sup> a hacker collective based on friendship: <https://codeberg.org/43beans/>  
<https://43beans.itch.io/>

## wellness d66: a game

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### ⇒ How To Play ⇐

You will need:

- ☞ 1 - 2 six-sided dice
- ☞ pen and paper

Whenever you think about the game, or whenever you notice yourself getting stressed, or every thirty minutes (whichever happens first), roll 2d6. Read them left to right, the first number being the tens digit and the second number being the ones digit. For example, if you rolled a 2 and a 3, that's a 23. Look up your number on the tables below and do as instructed. Repeat as many times as you like. When finished, write 1 - 3 sentences in your journal about how you feel in this moment.

TIP: You can also just pick your favorite thing(s) from the tables below and just do that.

### ⇒ Tables ⇐

**11:** what is the most story-worthy thing that has happened to you today? **12:** repeat to yourself "I am enough" on each inhale, and "I have enough" on each exhale. **13:** what are you thankful for right now? **14:** what has delighted you today? **15:** visualize your favorite place. **16:** imagine happiness, health, and peace for yourself. for a friend. for a stranger.

∴

**21:** massage your temples and your scalp. **22:** touch your toes and dangle. sway side to side. **23:** trunk twists, march in place. **24:** take a short walk. **25:** roll out your neck clockwise and anticlockwise. **26:** massage your hands and roll out your wrist.

∴

**31:** breathe in for 4, hold for 4, exhale for 4, hold for 4. Repeat 4 times. **32:** breathe on quarter of the way full and pause. halfway full, pause. three quarters, pause. Fill all the way up, pause. Exhale. Repeat. **33:** close your eyes and count to ten. repeat. **34:** place one hand on your belly and one hand on your chest. feel your stomach and ribs fill up and deflate as you breathe. **35:** close one nostril and breathe in. close that nostril and open the other and breathe

out. breathe in again through that same nostril, then out the other. repeat. **36:** trace the fingers of one hand from thumb to pinkie. breathe in on the way up, breathe out on the way down.

∴

**41:** stand on one foot for 8 breaths. repeat on the other side. **42:** drink some water. **43:** do tree pose. **44:** eat some fresh fruit. **45:** say hi to a friend. **46:** look at something far away for 8 breaths.

∴

**51:** close your eyes. **52:** rub your hands together really fast to build heat. close your eyes and cup them with your hands. feel the warmth. **53:** go get a chocolate or tasty treat. **54:** enjoy a hot cup of nice tea. **55:** put some cold water on your face. **56:** squeeze all your muscles one by one then relax them.

∴

**61:** put one thing away. **62:** declutter your space. **63:** scan your body from toes to head. **64:** listen to a favorite song. **65:** go get some sunshine. **66:** go get some good smells.

### ⇒ Mini Games ⇐

☞ After rolling, choose between your number written backwards or forwards, or do both! Example: if you roll a 2 and a 3, choose between 23 and 32. (or do both)

☞ If both dice are a 1, 2, or a 3, that is a **MINOR ROLL**. Soften or lessen something. Roll again.

If both dice are a 4, 5, or a 6, that is a **MAJOR ROLL**. Increase or enhance something. Roll again.

☞ If you roll doubles, that is a **MIGHTY PORTENT**. Something great is happening. Roll again.

## wellness d12: a game

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### ⇒ **How To Play** ⇐

You will need one twelve sided dice. Whenever you think about the game, or whenever you notice yourself getting stressed, or every thirty minutes, roll your twelve sided dice. Look up the result on the Wellness Table.

NOTE:

Some numbers are present in more than one category. This means you get to choose the result you want. (Or the result you don't want, but need.)

### ⇒ **Wellness Table** ⇐

<b>d12</b>	<b>Category</b>	<b>Result</b>
2, 3, 5, 7, 11	prime	breath and meditation
3, 6, 9, 12	unit of 3	physical activity
4, 8, 12	unit of 4	set and setting
5, 10	unit of 5	massage and self soothing
1	1	ONE

### ⇒ **Example Activities** ⇐

Breath and Meditation

box breathing; interrupted inhale breathing; slow count to ten; finger tracing breath; peaceful visualization; gratitude; mindfulness; body scan

Physical Activity

short walk; standing stretch; balance exercise; drink water; seated stretch

Set and Setting

tidy up your space; listen to a favorite song; go get some sunshine; look at something far away; say hi to a friend

Massage and Self Soothing

take a short nap; have a tasty treat; massage your hands and roll out your wrists; neck rolls clockwise and anticlockwise; massage your temples and wrists.

ONE

a powerful result. take the rest of the day off, or roll again.

## wellness lite: a game

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You will need two distinguishable coins. One is your BODY coin, and the other is your MIND coin. Flip them both.

<b>Body</b>	<b>Mind</b>	<b>Result</b>
H	T	Do a physical activity
T	H	Do a mental activity
H	H	Do both
T	T	Say something nice about yourself and flip again

Example physical activities:

- ☞ Stand up and reach for the sky, do some side bends.
- ☞ Go for a short walk.
- ☞ Drink some water.
- ☞ Roll your wrists and massage your hands.
- ☞ Touch your toes and dangle. sway side to side.
- ☞ Choose your own.

Example mental activities:

- ☞ What are you grateful for?
- ☞ Imagine your favorite place.
- ☞ Take 12 mindful breaths.
- ☞ Imagine happiness, health, and peace.
- ☞ Say hi to a friend.
- ☞ Choose your own.

## Table of Contents

preface . . . . .	1
wellness d66 . . . . .	2
wellness d12 . . . . .	3
wellness lite . . . . .	4